

## Sicilian Cod

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 cup bell pepper strips red
- 2 teaspoons brown sugar
- 24 ounce filets
- 2 tablespoons golden raisins
- 1 tablespoon italian-seasoned breadcrumbs
- 2.5 teaspoons olive oil divided
- 3 cups onion sliced

- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 0.3 teaspoon salt

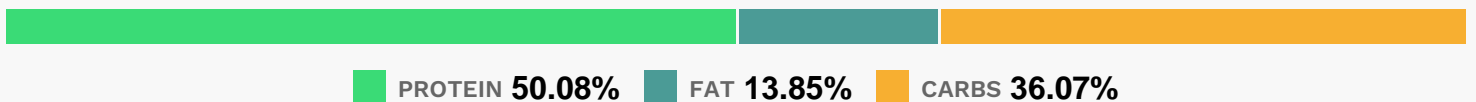
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 45
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- Add onion and the next 6 ingredients (onion through pepper). Cover and cook 10 minutes or until onion is wilted, stirring occasionally. Set aside; keep warm.
- Place fillets in a shallow baking dish coated with cooking spray.
- Brush fillets with 1/2 teaspoon oil; sprinkle with breadcrumbs and 1/8 teaspoon salt.
- Bake at 450 for 12 minutes or until fish flakes easily when tested with a fork.
- Serve the onion mixture with fish.

## Nutrition Facts



## Properties

Glycemic Index:49.42, Glycemic Load:6.61, Inflammation Score:-8, Nutrition Score:18.45608694657%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.58mg, Quercetin: 24.58mg, Quercetin: 24.58mg, Quercetin: 24.58mg

## Nutrients (% of daily need)

Calories: 261.44kcal (13.07%), Fat: 3.99g (6.14%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 20.5g (7.46%), Sugar: 13.59g (15.1%), Cholesterol: 73.17mg (24.39%), Sodium: 352.17mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.91%), Selenium: 57.62µg (82.31%), Vitamin C: 34.73mg (42.1%), Phosphorus: 399.69mg (39.97%), Vitamin B6: 0.64mg (32.22%), Potassium: 991.25mg (28.32%), Vitamin B12: 1.56µg (25.94%), Vitamin B3: 4.07mg (20.37%), Magnesium: 73.69mg (18.42%), Vitamin B1: 0.22mg (14.61%), Manganese: 0.27mg (13.46%), Vitamin A: 658.75IU (13.18%), Vitamin E: 1.78mg (11.89%), Folate: 46.5µg (11.63%), Fiber: 2.87g (11.48%), Vitamin B2: 0.18mg (10.8%), Vitamin D: 1.53µg (10.21%), Iron: 1.33mg (7.39%), Zinc: 1.08mg (7.23%), Calcium: 68.9mg (6.89%), Copper: 0.13mg (6.75%), Vitamin B5: 0.5mg (4.96%), Vitamin K: 4.58µg (4.36%)